

Aquatics Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Lap and Instructional Pool	12:00-2:30pm Adult Lap Swim Water Walking 18+	12:00-2:30pm Adult Lap Swim Water Walking 18+	12:00-2:30pm Adult Lap Swim Water Walking 18+	12:00-2:30pm Adult Lap Swim Water Walking 18+	12:00-2:30pm Adult Lap Swim Water Walking 18+	10:00am-12:00pm Adult Lap Swim Water Walking 18+
	3:15-5:15pm Open Swim	12:00-2:00pm Water Aerobics	12:00-2:00pm Water Aerobics	12:00-2:00pm Water Aerobics	3:15-5:15pm Open Swim	11:00am-12:00pm Water Exercise
	5:30-6:00pm LTS ADULT	3:15-5:15pm Open Swim	3:15-5:15pm Open Swim	3:15-5:15pm Open Swim	5:30-6:00pm Parent/Tot LTS	12:00-2:15pm Open Swim
	6:00- 6:45pm Water Exercise	5:30-6:00pm LTS Level I	5:30-6:00pm LTS ADULT	5:30-6:00pm LTS Level I	6:00-7:30pm Family Swim	2:30-3:00pm LTS ADULT
Water Slide and Kiddie Pool	7:00-7:30pm Adult Lap Swim Family Swim	6:00- 6:45pm Water Exercise 7:00-7:30pm Adult Lap Swim Family Swim	6:00- 6:45pm Water Exercise 7:00-7:30pm Adult Lap Swim Family Swim	6:00- 6:45pm Water Exercise 7:00-7:30pm Adult Lap Swim Family Swim	All children under 8 years old & under 4 feet tall must be accompanied and supervised in the water by an adult. Two children per one adult. Children using the slide must be at least 48 inches tall	
	3:15-5:15pm Open 7:00-7:30pm Family Swim	3:15-5:15pm Open 7:00-7:30pm Family Swim	3:15-5:15pm Open 7:00-7:30pm Family Swim	3:15-5:15pm Open 7:00-7:30pm Family Swim	3:15-5:15pm Open 6:00-7:30pm Family Swim	12:00-2:15pm Open 3:15- 5:15pm Open

Youth Activities

Flag Football	Tues/Wed/Thurs	4:30-7:30pm	8-14
Cheerleading	Wed/Thurs	6:00-7:30pm	8-14
Cheerleading	Saturdays	10:00-12:00pm	8-14
Digital Media Class	Wednesdays	4:00-6:00pm	12-17
Karate	Friday	4:30-5:30pm	8+
Karate	Saturdays	1:00-3:00pm	8+
Young Leaders Mentoring	M,T,TH,F	4:00-7:00pm	11-14
Giving Life Foundation	Wednesdays	4:30-6:00pm	10-15
Royal Diamond Dance	Saturdays	3:30- 5:30pm	8+

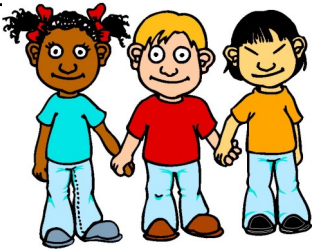
Cultural Arts

Ceramics	Monday	12:00-2:30pm	Seniors
Arts & Crafts	Monday	4:00-5:30pm	8-17
Ceramics	Monday	6:00-7:30pm	Family
Arts & Crafts	Thursday	12:00-2:30pm	Seniors
Arts & Crafts	Thursday	4:00-5:30pm	8-17
Paper Crafts	Thursday	6:00-7:30pm	Family

Schedule subject to change without prior notice

Tot Room is available for ages 4-7 years during designated times only
Monday -Friday:
5:30-7:30pm

All children under 7 years old must be accompanied and supervised by an adult in the facility when not using the tot room.



Adult Fitness Activities

Senior Fitness	Monday, Wednesday, Friday	8:00- 8:45am
Video With Fitness	Monday, Wednesday, Friday	7:30-8:15am
Balance/Strength	Monday, Wednesday, Friday	8:30-9:45am
Nutrition class	Every 1st Tuesday	10:00am-11:00am
Walking Club	M,W,F	7:00-10:00am
Zumba	Monday	6:00-7:30pm
Strength Training	Tuesday	6:00-7:30pm
Line Dance	Wednesday	6:00-7:30pm
Strength Training	Thursday	6:00-7:30pm
Ballroom Dance	Friday	6:00-7:30pm
Fit Circuit	Saturday	10:00-11:00am
Strength Training	Saturday	11:00-12:00pm
Computer Basics	T,W,TH	10:00-11:30am


Open Track

Monday - Friday	7:00am-3:00p.m. 3:00pm-6:00pm 6:00pm-7:30pm	Adults Only 8+ 18+
Saturday	10:00am-12:00pm 12:00pm-5:30pm	Family Time 8+

Fitness Room

Monday - Friday	7:00am-12:00pm/1:00pm-7:30pm	18+
Saturday	10:00am-5:30pm	18+

NO ONE UNDER 18 years of age permitted to use fitness equipment



Collinwood Recreation Center
16300 Lakeshore Blvd
216/420-8323



Game Room

Monday-Friday:	12:00-3:00pm	18+
	3:00-6:00pm	8-17
	6:00-7:30pm	Family
	(Adult & Child)	

Saturday:	10:00-2:00pm	8-17
	3:00-5:30pm	8-17



Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:30pm Men's Open Gym Adults	12:00-2:30pm Men's Open Gym Adults	12:00-2:30pm Men's Open Gym Adults	12:00-2:30pm Men's Open Gym Adults	12:00-2:30pm School Group 8-17	10:00am-12:00pm Family Gym Time/ Cheerleading Practice
3:00-4:15pm Open Gym 8-17 years old	3:00-4:15pm Open Gym 8-17 years old	3:00-4:15pm Open Gym 8-17 years old	3:00-4:15pm Open Gym 8-17 years old	3:00-4:15pm Open Gym 8-17 years old	12:30pm-2:00pm Pee Wee Flag Football 4-7 years old
5:00pm-5:30pm Dodge ball 8-18 years old	5:00pm-5:30pm Kickball 8-18 years old	5:00pm-5:30pm Dodgeball 8-18 years old	5:00pm-5:30pm Kickball 8-18 years old	5:00pm-5:30pm Pickleball 8-12 years old	2:00pm-3:30pm Youth Open Gym 8-17 years old
6:00pm-7:30pm Basketball Skills Training 8-18 years old	6:00pm-7:30pm Basketball Skills Training 8-18 years old	6:00pm-7:30pm NCT Cheerleading Practice 8-14 years old	6:00-7:30pm NCT Cheerleading Practice/Volleyball Training 8-14 years old/ 8-18 years old	6:00-7:30pm FRIDAY NIGHT FLIGHTS Grades 8-12 (Sept-Oct) Family Gym Night Parents/Children (Nov-Dec)	4:00pm-5:30pm Golden Oldies Basketball 30+
During all family activities, children must be accompanied by a parent /guardian					